

Heart Healthy Tips for Dining Out

Most special requests - such as low-fat or no added salt - can be accommodated. Remember that it is the chef's and wait staff's job to make their customers happy so don't be afraid to make some of these requests during your next meal out.

Expertise in Matters of the Heart

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| <ul style="list-style-type: none"> • Only eat half your entrée and take the other half home for leftovers • For very large servings, eat 1/3 and take 2/3 home • Order half portions or split with a friend if you don't want to take leftovers home • Order appetizers as a main entrée • Ask the wait staff how foods are prepared if it is unclear from the menu description <ul style="list-style-type: none"> – avoid fried foods – choose baked, broiled, grilled or stir fry instead – choose steamed or grilled vegetables with no added fat – ask that your food be made with no added salt if possible | <ul style="list-style-type: none"> • Choose a tossed salad or fruit salad to accompany your meal instead of fries or chips • Choose low-fat dressing or ask for salad dressing on the side <ul style="list-style-type: none"> – Use a small amount of dressing on the salad (1-2 Tbsp.) or dip your fork in the dressing then grab a fork full of salad • Ask for low-fat mayonnaise (or no mayo) when ordering a sandwich <ul style="list-style-type: none"> – Mustard and vinegar are fat-free and full of flavor – Horseradish sauce is often made with full fat mayo • Ask for cheese and cream sauces on the side and use only a small amount | <ul style="list-style-type: none"> • Ask for butter and sour cream on the side and use only a small amount • Be aware if your entrée is served with cheese <ul style="list-style-type: none"> – ask wait staff to hold the cheese • Include fruits and vegetables in your food order • Most chain restaurants will have nutrition information available about their menu items. Ask for a nutrition facts brochure while at the restaurant or visit the restaurant's web page on-line to look up the nutrition information at home before you go to the restaurant. |
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